

NORTH WEST GYMNASTICS COVID-19 MANAGEMENT PLAN

April 2022



North West Gymnastics Mount Isa

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1 Introduction

This plan outlines the measures, controls and requirements to help minimise the risk of COVID-19 for our Athletes, Coaches and Families. We require all gym families to understand and comply with these controls to help minimise the risk of spread in our community.

Please be aware that some of these requirements are additional to those imposed by QLD Health.

2 Club Management Measures

The measures and changes that you will observe in the operation of our Club and Classes.

- As at, April 2022 our viewing areas will be reopened
- Please limit 1 parent/caregiver per child and we ask that you limit sibling spectator attendance.
- Our Viewing Areas are limited to comply with social distancing requirements. Please refer to the signs in each area including the floor markings and seating arrangements.
- Class Start and End Times have been altered to minimise Cross Contact between participants.
- Spectators, athletes, participants and coaches who are showing symptoms of illness are not allowed to attend the facility
- Hand Sanitiser will be made available for all persons entering the gym. It will also be positioned strategically in the gym and near to high touch apparatus.
- Educational Signage and Posters on Hand Washing, Personal Hygiene and Social Distancing and the QLD Check-In App have been placed in the gym areas.
- Increased cleaning processes have been implemented for common high touch areas and surfaces.
- The Club has completed and maintains the Covid-19 Checklist as published by QLD Health.

3 Parents and Participants

Here you can find our COVID Safe Standards which outline expectations and guidance for the Families and Participants in our Classes.

When unwell, a gymnast, their parent/carer, members of their household including accompanying siblings are not permitted come to gym

- As per the current [Queensland Health Time Out Poster](#) and until they are no longer exhibiting illness symptoms.
- When they have had a temperature over 38 degrees in the past 24 hours
- When they have had vomiting or diarrhea in the last 24 hours
- Do not enter the gym if you or anyone in your immediate family or household is deemed a COVID-19 close contact or instructed to isolate.
- Do not enter the gym or classes if you or anyone in your immediate family or household has cold and flu like symptoms, cough, sore throat or other signs of illness
- Gymnasts that are coughing/complaining of feeling ill will be sent home.

At the Gym:

- Wash your hands and ensure those of participants in your care are washed before coming to Gym.
- Utilise the hand sanitiser provided **on entry to the gym**.
- Parents will make every effort to drop their gymnasts off no earlier than 5 minutes before class and pick up no later than 5 minutes after class to allow changeover of participants.
- Our Parents viewing areas are limited as indicated by signage.
- Please limit of 1 parent/caregiver per child and we ask that you limit sibling spectator attendance.
- All Participants are to enter the gym in footwear and then store them neatly ahead of class.
- All Participants are required to bring their own large water bottle. Competitive Athletes may want to bring multiple.

3.1 NWG COVID Safe Standards

Close Contacts	<p>If a gymnast (or ANYONE FROM THEIR HOUSEHOLD) is deemed a close contact or instructed to isolate, no one from the household is permitted to attend classes or events at NWG until the end of the isolation period.</p> <p>Parents are asked to log all absences via the parent portal and advise if their child is a close contact or tests positive to COVID-19 so we can manage potential exposures at the gym. If you aren't sure how to do this please read Makeup classes and Absences</p>
Keep sick kids at home	<p>If a gymnast (or ANYONE FROM THEIR HOUSEHOLD) has a cold or flu-like symptoms, a cough, sore throat or other signs of illness the gymnast will not be permitted to attend classes/training at NWG.</p> <p>When unwell, a child, parent/carer or accompanying siblings are not permitted come to gym:</p> <ul style="list-style-type: none"> • As per the current Queensland Health Time Out Poster and until they are no longer exhibiting illness symptoms. • When they have had a temperature over 38 degrees in the past 24 hours • When they have had vomiting or diarrhea in the last 24 hours. <p>Gymnasts that are coughing/complaining of feeling ill will be sent home.</p> <p>Parents are asked to log all absences via the parent portal. If you aren't sure how to do this please read Makeup classes and Absences</p>
Before class	<p>Wait outside the building (an appropriate distance apart) until your child's class is asked to enter the building. You may choose to wait in your car. An NWG staff member will invite participants into the building at the appropriate time. This may be one class / group / gymnast at a time</p>
Check In	<p>All persons entering the gym (Staff, Visitors, Contractors, Customers and spectators including siblings) must check-in using one of the available QR codes or the Checkin QLD App.</p>
Parents Viewing Area	<p>At this time, we are not allowing spectators.</p> <p>Our viewing areas are closed except where you are:</p> <ul style="list-style-type: none"> • attending the gym for a parent/caregiver participation class (BabyGym, Mini Movers) • a parent of child that is 5 years old or younger participating in Early Learners, Ninja Prep and Girls Beginners • a parent of a competitive gymnast and are undertaking your volunteering hours to assist in the gym <p>There will be a limit of 1 parent/caregiver in the case of exceptions above and non participating sibling attendance should be limited.</p>
Drop and Go	<p>School age children should be dropped off at the front door or ramp of the building. They will be escorted into the gym and class by NWG staff. At the conclusion of class, staff will accompany children to the entrance to be collect by you. Staff will supervise children moving from the gym to the toilets etc.</p>
Mask Wearing	<p>Following current QLD government public health and social measures and mask mandates. All persons over the age of 12 must wear a mask indoors except where it is unsafe to do so and while participating in strenuous exercise. This includes while waiting for class.</p> <p>When attending gym for a parent/caregiver assisted class, parents/caregivers will need to have their facemask with them during the class.</p>
Hand sanitising	<p>All participants will be prompted to use hand sanitiser upon entering.</p> <p>Hand sanitiser will be provided near the front door, as well as throughout the gym.</p> <p>Gymnasts will be required to sanitise their hands at intervals throughout the class, as well as on departure from the gym.</p>
Equipment Hygiene	<p>Equipment and mats will be cleaned between sessions.</p>
Physical distancing / Venue density	<p>Whilst onsite people are required to follow physical distancing guidelines, this includes the waiting areas and common areas. There are signs that indicate the maximum people permitted in an area.</p> <p>Weather permitting, doors will be open in the gym to maximise ventilation. Shade structures have been installed to allow airflow but reduce exposure to the sun.</p>

General Cleaning	NWG Staff and volunteers will sanitise high touch surfaces several times throughout the day. Staff will regularly check to ensure hygiene supplies are regularly replenished.
Exiting	Staff members will stagger the dismissal of classes to avoid bottlenecks. Gymnasts will need to be collected from the gym ramp. Parents/carers should maintain appropriate physical distancing whilst waiting to collect their child and be mindful of cars.

4 Requirements and Actions in the event of a confirmed case.

In the event of a **Confirmed or Suspected** COVID-19 case within:

4.1 NWG Staff or Staff Family

- NWG Staff are required to advise North West Gymnastics and QLD Health Immediately.
- Personal details around the case or suspected case will remain confidential.
- Management will determine to potential exposure for students, staff, and parents based on the record of attendance.
- Where required Families and staff will be notified by Email if this situation arises, and we will endeavour to keep you updated should we need to cancel classes or change class coaches
- Staff will not be permitted to attend classes or events at NWG until the end of their isolation or quarantine period

4.2 Gym Family or Gymnast

- Parents are required to advise North West Gymnastics and QLD Health Immediately.
- Parents are to log all absences via the parent portal and advise if they are a close contact or COVID-19 positive.
 - The duration of the absence should be the duration of the expected isolation or quarantine period.
 - If the period of isolation or quarantine is extended an additional absence should be logged.
- Personal details around the case or suspected case will remain confidential.
- Management will determine to potential exposure for students, staff, and parents based on the record of attendance.
- Where required Families and staff will be notified by Email if this situation arises, and we will endeavour to keep you updated should we need to cancel classes.
- No one from the household will be permitted to attend classes or events at NWG until the end of their isolation or quarantine period.